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CREATIVE COOKERY

An Introduction
to a
Meatless Diet

By
MARGARET STARR

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Introduction

THE principal object of this book is to enable those who have had little or no practice in catering for vegetarians to prepare simple yet tasty food. Therefore a good deal of advice is given as to what ingredients to use and where to obtain them.

Many people who have been accustomed to a diet including fish and meat find the average vegetarian cooking tasteless. Most of these recipes are made appetising by herbs and spices ; hence they are specially suitable for the transition from meat to a meatless diet. There are many original recipes which will not be found in other cookery books, and all in this book have been tested and found successful by the author.

Strict attention has been paid to the manner of preparing the dishes, especially in the case of vegetables, so that nothing valuable shall be destroyed or wasted by over-cooking or the use of too much water.

It is often difficult for the novice in vegetarian cookery to know how to supply sufficiently nourishing food which is not at the same time too rich and concentrated ; therefore some suggestions for well-balanced meals are given at the end of the book.

It is quite a good plan to have a hot meal at midday with a cereal or nut dish, a green vegetable (this is important), one or two other vegetables, and, unless the cereal dish is fairly moist, a suitable sauce ; then for the second meal either a nut roast or galantine or sausage rolls and salad, preceded by soup or followed

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by a pudding ; this enables one to cook once a day and heat up the supper. The menus are easily interchangeable and can be varied indefinitely, but should be helpful in giving an idea of the best foundation for a vegetarian diet.

The word "vegetarian" is a dangerous one, as it has been adopted by so many different people and movements ; it is only used here to distinguish a nonflesh diet, and the intention has been to show how simply and easily this food can be prepared.

The use of eggs in any quantity is not advised, as they create uric acid in the system, but they can be used sparingly in such food as cakes, puddings, and similar creations, as this is not sufficient to be harmful and the dishes would not be so successful if they were omitted.

Whenever the use of flour or bread-crumbs is given in a recipe it is understood, unless expressly otherwise stated, that it is wholemeal or some kind of brown bread or flour, and in no case ordinary white ; though a very good pure white flour can now be obtained from Pitman's, the use of it is only advocated in little cakes or anything that requires to be especially light, and then only a small quantity, as the wholemeal is more nourishing.

With fried dishes, fritters and so forth, whether sweet or savoury, lemons cut in quarters should be served, as the acid neutralizes the indigestible effects of the fat and increases its nourishing value.

With flavourings such as cinnamon, ginger, clove, whenever possible use the ground spices, as many of the essences are synthetic or adulterated.

The quantities given in these recipes will generally be found sufficient for four or five persons.

SOUPS

1. VEGETABLE STOCK

A basis for most soups and sauces.

This can be made with any odd pieces of vegetable, but must have a fair amount of onion and carrot.

The vegetables should be cut into small chunks, put in plenty of fresh cold water and boiled till they are practically tasteless. Cloves, peppercorns, and other herbs can be added to give more flavour.

2. PANADA

This is most important for thickening practically all thick soups and sauces.

4 oz. wholemeal flour, 2 oz. nut fat, 1 quart milk, stock, or water.

Melt the fat, stir in the flour and let it cook very gently, but not burn, for 10 to 15 minutes. Remove from heat and add a little cold water, stock, or milk, according to the recipe; stir well and mix very thoroughly, still away from the heat, as it must not thicken too quickly. When quite smooth add gradually the desired liquid and bring slowly to the boil, stirring at intervals and taking care to beat out any lumps that may form.

This quantity will take about a quart of liquid for a sauce or thick gravy.

If desired thicker add a little cornflour slaked in milk or water. If a less rich sauce is preferred, use less fat and flour and thicken with cornflour, but this is not so creamy.

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3. ARTICHOKE SOUP

1 lb. Jerusalem artichokes, 1 large leek, 1 teaspoon dried thyme, 1 quart milk, flour, nut fat.

Scrub artichokes, thoroughly wash leek ; cut up both fairly small and simmer together in a little water till quite tender ; mash with a fork. Make a little panada, mixing up with some of the milk ; heat the rest of the milk and pour on to panada alternately with the vegetables. Beat up well with a fork ; add thyme and seasoning ; bring to boil and simmer ten minutes.

4. BARLEY SOUP

Heaped teaspoon Verva or Marmite, 6 peppercorns, 5 cloves, 1 small cup undressed pot barley, 1 medium-sized carrot, 3 medium-sized onions, nut fat, 2 tablespoons flour.

Boil the barley well for three hours or so until quite tender ; slice the onion and dice the carrot ; fry in a little nut fat, add the flour and cook a little ; mix in a little water and the barley ; dissolve the Verva or Marmite in about one quart of boiling water and add with the peppercorns, cloves, and salt if necessary ; boil up for ten minutes. Stock may be used instead of water.

5. CARROT SOUP

6 or 7 carrots (if not large), 1 medium-sized onion, 1 teaspoon Verva or Marmite, 3 pints stock or water, or milk and stock in equal quantities, flour, nut fat, ground celery seed, sugar.

Cut up carrots and onions small ; simmer gently till soft with a little ground celery seed ; mash well with a fork. Prepare a little panada (Recipe No. 2) ; make up with the liquid ; add carrots, etc. and beat up well and smooth ; season with pepper and salt and add one teaspoon sugar and serve.

A few tomatoes or a few drops of tomato ketchup improve this soup ; a little cream can also be added.

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6. CLEAR SOUP

Heat some very good vegetable stock ; dilute sufficient Verva or Marmite to make a good flavour ; boil some little spaghetti stars, etc. (specially made for soup) in it till tender ; season and serve. Or vermicelli can be added instead of spaghetti; it must be fresh cooked and added while hot.

7. CABBAGE SOUP

Heart of firm white cabbage, 3 pints milk, 2 small onions, cornflour, butter, a little nutmeg.

Shred the cabbage, chop the onion fine ; simmer together in a little butter for about 20 minutes. Bring milk to boil in a separate pan with a little nutmeg ; pour on to the vegetables and simmer gently about ten minutes. Slake a little cornflour, add slowly, stirring well ; simmer for ten minutes.

8. JULIENNE SOUP

3 pints stock, 3 small carrots, 1 very small turnip or $\frac{1}{2}$ of a swede, 3 small onions, 1 potato, 1 stick celery (if in season), or 1 teaspoon ground celery seed, 2 level tablespoons brown sago, 1 heaped teaspoon Verva or Marmite, a few mixed herbs.

Dice up the vegetables fairly small (leaving skin on potato) and fry gently in only just sufficient fat to cook them, till fairly soft and a nice golden-brown ; add herbs, stock and Verva or Marmite, and stir well ; simmer gently with lid on till vegetables are quite tender ; sprinkle in sago, stirring briskly. Simmer till it looks quite clear—about 10 or 15 minutes—season with a little pepper and salt if necessary, but always be careful in adding salt, as the Verva or Marmite is somewhat salt and sometimes also the vegetable stock. If no vegetable stock is at hand, water can be used instead ; then rather more Verva or Marmite should be used, and dissolved in the water before it is added.

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9. LEEK SOUP (WHITE)

About 6 large leeks, 1 tablespoon olive oil, 3 pints milk, 2 or 3 bay leaves, cornflour.

Thoroughly wash leeks and cut into pieces of about half an inch long, retaining most of the green part that is good and fresh ; put into a stew-pan with the olive oil and just enough water to simmer them in ; cook gently with lid on for about 30 minutes or until tender. Heat milk or milk and water with the bay leaves ; when just boiling, pour over leeks, replace lid and simmer gently ten minutes or so. Make a paste with a little cornflour and cold water ; pour some of the soup on to this and stir well ; then add all gradually to saucepan, still stirring. Boil gently about ten minutes ; remove bay leaves, season and serve. A pinch of nutmeg may be added.

10. LEEK SOUP (BROWN)

Commence as above, adding a few dried herbs when cooking leeks (no bayleaf) ; use vegetable stock and Verva or Marmite instead of milk and thicken with panada (Recipe No. 2).

11. LETTUCE SOUP

5 or 6 nice cabbage lettuces, handful spinach, handful parsley, a few sorrel leaves (not essential), 1 pint vegetable stock, 1 quart milk, 2 ozs. butter, 1 tablespoon flour, $\frac{1}{4}$ teaspoon nutmeg.

Thoroughly wash lettuce, spinach and sorrel ; chop them up and place them for a minute in boiling water ; drain in a colander and pour cold water over ; squeeze in a cloth ; melt butter in stewpan, add flour and mix well ; cook for a few minutes, then add the chopped green-stuff and stir thoroughly ; add the stock, replace lid and boil for ten minutes ; blanch parsley (dip in

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boiling water), chop, and add ; boil another ten minutes. Bring milk to boil, pour over it, add nutmeg and seasoning ; boil up quickly and serve.

12. NUT SOUP

$\frac{1}{2}$ lb. milled nuts, any kind, or mixed, 1 quart milk, 2 large onions, 1 heaped teaspoon bitter almond meal, 1 level teaspoon ground mace, red pepper, small teaspoon salt, nut butter, nut fat, flour.

Peel and chop up onions fairly small ; fry them in a little nut fat ; they should be cooked very thoroughly, but rather slowly till golden brown ; stir in about three tablespoons flour ; there should be enough fat for it to absorb ; take off, beat, add the milk gradually, bring slowly to the boil, well beating now and then with a fork ; let it simmer a little till smooth and creamy ; mix the milled nut, almond meal and mace together ; stir them in and simmer for a few minutes ; add a lump of nut butter the size of a small egg ; season and serve.

13. ONION SOUP (BROWN)

6 good-sized onions, 3 pints stock, brimming teaspoon mixed herbs, a little ground fennel or dill seed, 2 oz. nut fat, flour, heaped teaspoon Verva or Marmite.

Peel and chop onions ; fry in fat till deep brown, but they must *not* burn at all ; when nearly done add herbs ; stir in as much flour as the fat will absorb ; stir well with a wooden spoon and let it cook gently for about 15 minutes (on low heat) till the flour seems cooked ; add cold stock slowly, as in panada ; let it come to the boil and simmer for 15 minutes ; add the Verva or Marmite and a little burnt or brown sugar.

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14. ONION SOUP (WHITE)

6 good-sized onions, 2 or 3 potatoes, 1 quart milk or stock, teaspoon ground celery seed or a stick of celery, a little thyme, cornflour.

Scald onions for a few minutes in boiling water ; drain and chop roughly ; simmer with potatoes (peeled and cut up) also celery, in a little water till quite tender ; mash very thoroughly with a fork ; add the milk and herbs ; simmer for quarter of an hour ; slake a little cornflour ; pour some of the boiling liquid on it, stirring well ; return to stewpan and bring to boil ; simmer a few minutes, stirring continuously ; season and serve.

Variations.—Marjoram or thyme can be used instead of mixed herbs ; or a little grated Parmesan cheese in place of herbs.

15. POTATO SOUP

8 medium-sized potatoes, 1 quart milk, 2 tablespoons flour, 2 large onions, celery salt or a little ground celery seed, nutmeg, herbs or dried mint.

Boil potatoes in a little water with pinch of salt ; fry onions in a little more fat than they will absorb ; cook them *well*, but only let them get a light golden colour ; stir in flour, adding a little more fat if necessary, to make good panada. Boil milk separately and add with mashed potatoes and water from them, if any (potatoes should be peeled after cooking), stirring in some of each alternately and gradually until the mixture is quite smooth ; add flavouring, make very hot, and serve. These quantities make a soup of moderate thickness and can be altered to suit individual taste.

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16. PEA SOUP (GREEN)

Pea shells, 3 pints vegetable stock (preferably spinach), heaped tablespoon parsley, ditto of spinach (chopped), 3 or 4 little sprigs mint, 1 or 2 lettuce leaves (not essential), a few peas (not essential), nut fat, flour, 1 or 2 spring onions.

Boil shells of fresh young peas in barely sufficient water to cover them till tender ; turn into a colander ; separate the fleshy part from the skin of the pods (a very good way is to hold the pod by the stalk against the edge of a bowl vertically, and quickly scrape with a sharp knife, or they can be pressed through a colander) ; make a panada (Recipe No. 2) ; add the stock and then the pea-pod liquid ; bring to the boil ; add parsley, spinach, mint and lettuce and a few spring onions, all coarsely chopped, also peas ; simmer for 20 minutes ; add seasoning if necessary.

If vegetable stock is not used, dried green peas can be added, soaked overnight and boiled till soft ; in this case it is best to boil the pods in rather more water, and less panada may be required.

17. PARSNIP SOUP

4 or 5 parsnips, according to size, 1 onion, $\frac{1}{2}$ teaspoon celery seed (ground), vegetable stock, flour, nut fat.

Cut the parsnips into cubes and boil with the onion and celery seed in the stock until tender ; strain and mash well with a large fork ; make a very little panada (Recipe No. 2), add the parsnips and parsnip stock ; season, boil up and serve. There should be only sufficient stock used to make the soup the consistency of thick pea soup.

Grated cheese can be served with this soup if desired.

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18. SEMOLINA SOUP

4 or 5 fair-sized onions, 4 tablespoons brown semolina, 3 pints milk, nut fat, 3 bay leaves, 2 heaped teaspoons dried thyme, pinch mace, pepper and salt.

Fry the onions gently in very little nut fat, but do not brown ; add the milk and herbs and simmer for a little, then carefully sift in the semolina, stirring all the while ; be sure it is quite smooth ; cook gently for about 20 minutes, or until the semolina is quite done ; add a lump of butter about the size of a small egg, and serve.

19. TOMATO SOUP

2 lb. tin of tomatoes, 2 tablespoons lentil or pea-flour, 2 medium-sized onions, 2 teaspoons Verva or Marmite, 3 pints stock.

Mix the flour to a paste with stock ; chop onions and simmer in a little stock till tender ; add the rest of stock ; bring to the boil and pour over the paste, stirring well ; replace in pan and simmer for 20 minutes ; add the tomatoes and bring to boil, stirring ; add Verva or Marmite ; season, simmer ten minutes and serve.

A spoonful tomato ketchup can be added if liked, and if the soup is preferred thicker some slaked cornflour can be used ; also half teaspoon thyme can be added to seasoning.

20. FRESH TOMATO SOUP

1 lb. fresh tomatoes, 3 medium-sized onions, 3 pints stock or milk, nut fat, cornflour, Verva or Marmite.

Pour some boiling water over the tomatoes, leave for a minute and the skins will then peel off quite easily ; chop onions and put in stewpan with a little fat ; fry till golden brown ; add tomatoes and a little stock ; put

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lid on and simmer till they are quite soft ; pour in the rest of the stock and thicken with a little slaked corn-flour. Simmer till nice and smooth, beating up well ; stir in a little Verva or Marmite.

This soup can be varied by thickening with tapioca, sago or semolina, herbs also can be added.

21. VEGETABLE SOUP

3 pints stock, $\frac{1}{2}$ small turnip, 2 medium-sized carrots, 1 medium-sized potato, (a few peas or beans or any suitable vegetable in season can be added), 1 good teaspoon dried thyme, pinch herbaceous mixture, heaped teaspoon Verva or Marmite, nut fat, flour.

Dice vegetables and fry in fat gently till nicely browned ; add flour and mix well in ; brown slightly. (The quantity of flour used depends on thickness of soup ; there should be just enough fat for it to absorb.) Add stock gradually and beat smooth ; put in flavourings and Verva or Marmite ; season, simmer till quite tender, and serve.

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22. APPLE SAUCE

Peel, core, and cut up five or six good-sized apples ; stew in a little water, with a small piece butter ; when nearly done, add a little ground cinnamon and clove, also sugar to sweeten ; when quite pulpy beat up with a fork and serve.

23. BROWN SAUCE

2 or 3 small onions, 2 ozs. nut fat, 3 pints stock, good teaspoon solid Verva or Marmite, herbs or ground coriander seed to flavour, flour.

Cut up onions and fry in the fat, add as much flour as the fat will absorb, mix well and cook gently ; stir the stock in gradually and beat smooth ; add Verva or Marmite, bring to boil and simmer for quarter of an hour.

24. CHEESE SAUCE

1 oz. Parmesan cheese, 2 ozs. Cheddar cheese, $\frac{1}{2}$ teaspoon mustard, pepper and salt, panada (Recipe No 2), 1 quart milk.

Having made the panada, add the milk and bring to the boil slowly, stirring occasionally ; simmer gently 15 minutes ; add cheese grated and mixed with the dry mustard ; stir well in ; make hot, season and serve.

25. CURRY SAUCE

2 oz. nut fat, 2 level tablespoons flour, 3 medium-sized onions, 3 good-sized apples, 2 level dessertspoons curry powder (less if preferred rather mild), juice of $\frac{1}{2}$ lemon, about 1 quart

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vegetable stock, 1 cup seedless raisins, 3 heaped dessertspoons lentil or pea flour, or equivalent quantity of Egyptian lentils soaked overnight and stewed till broken, 1 heaped teaspoon Verva or Marmite, 1 teaspoon brown sugar, salt, a little dessicated cocoanut.

Fry onions in fat till golden brown ; mix flour with curry powder ; stir well into onions and cook gently for a few minutes ; add stock gradually and mix well ; let it come to the boil and simmer a few minutes, then add apples, cocoanut, Verva or Marmite and raisins ; mix lentil flour to a paste and add (if cooked lentils are used do not add till apples are done) ; stir well and simmer gently till apples are soft ; add juice of half a lemon and serve very hot. A dessertspoon of Lea and Perrin's Worcester sauce may be added, also a little ground ginger if the curry is liked hotter.

This is a good basis for any curry ; chestnuts, tomatoes, marrows, mushrooms, mixed vegetables or nutmeat.

26. MINT SAUCE

Mix together the juice of two large lemons with a heaped tablespoon brown sugar ; chop fine a handful young mint leaves and add to this just before serving.

This is a delicious accompaniment to lentil or nut roast or Yorkshire pudding and excellent with potatoes in any form.

27. PARSLEY SAUCE

Prepare panada (No. 2) using milk ; add a lump of nut butter ; season with pepper and salt ; scald a good handful of parsley ; chop it up, put in sauce-dish, pour the sauce over it, stir up, and serve at once.

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28. TOMATO SAUCE

1½ lb. fresh or bottled tomatoes, 1 large onion, nut fat, flour, stock or milk, herbaceous mixture, pepper and salt.

Cut up onions small, and fry in nut fat ; stir in about two tablespoons wholemeal flour ; cook a little, then add the stock and stir till smooth ; peel and cut up tomatoes and add with about half a teaspoon herbaceous mixture, and pepper and salt to taste ; stew till tender, about 30 minutes, beat well with a fork ; sprinkle in a little tomato ketchup and serve.

29. TOMATO PURÉE SAUCE

1 small tin of tomato puree, 1 oz. nut fat, 2 tablespoons flour, 1 heaped teaspoon Verva or Marmite, a little tomato ketchup or Worcester sauce.

Put the nut fat and flour in a saucepan on low heat, till the flour is cooked ; add the tomato and the Verva or Marmite dissolved in about one pint of boiling water ; stir all well together and beat until quite smooth ; add pepper and salt to taste and serve with polenta, (see recipe 48) spaghetti, rice, etc.

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30. CARROT PILAU

1 breakfast cup brown Bengal rice, 2 fair-sized carrots, 3 onions, about 8 cardamum seeds (or $\frac{1}{2}$ teaspoon ground cardamums), 1 teaspoon ground coriander seeds, $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon ground ginger, 1 teaspoon turmeric.

Wash the rice well and put in a stewpan with the onions and carrots cut into fairly small dice; cover with water about one inch above the rice, etc. Bring to boil, and boil fairly quickly (but do not allow it to boil over) for about 20 minutes; then put on low heat and allow to cook gently till the rice is quite dry. If the rice has been washed sufficiently it will not stick to the saucepan when done. Now add the spices well mixed together with a little Chili or cayenne pepper; stir this in thoroughly. Pour over the whole one good tablespoon Sylvan or best olive oil; stir on gentle heat for a moment; garnish with handful chopped parsley, and serve at once.

Any other Indian spices can be added either in place of, or as well as, those mentioned.

31. CHEESE PANCAKES

1 egg, $\frac{1}{2}$ pint milk, from 2 to 3 oz. grated cheese (cheddar with a little Stilton or Parmesan added), wholemeal flour, heaped tablespoon chopped fresh marjoram (or any tasty fresh herb), good handful chopped parsley, a few garlic tips, cayenne pepper, salt.

Beat up⁶ egg; add milk and sufficient flour to make pancake consistency; beat in cheese, and add herbs; fry in nut suet rather slowly. Do not make the pancakes too thick.

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32. CHESTNUT AU GRATIN

If dried chestnuts are used, they should be soaked overnight and boiled in plenty of water for about three hours ; the water should be thrown away. If fresh ones, boil in plenty of water till tender—about two hours. Peel them when hot ; put into buttered dish and pour cheese sauce (No. 24) over them ; the sauce should be somewhat thicker than when served separately ; either more flour and fat can be used for the panada or a little slaked cornflour can be added to the sauce. Sprinkle with lightly browned bread crumbs ; cover with a few dabs of butter and bake in moderate oven till nicely browned and hot through—about 30 minutes.

33. CHESTNUT SAUSAGE ROLLS

3 teacups boiled, peeled, milled chestnuts, 1 teacup boiled mashed potatoes, 1 teacup bread-crumbs, mace and herbaceous mixture to taste, about $\frac{1}{2}$ teaspoon, 1 good-sized onion, 4 or 5 sage leaves, milk, cayenne pepper, and salt, nut fat, crust pastry (No. 117).

Put piece nut fat size of large walnut in small stew-pan ; add finely chopped onion and sage ; cook in about two tablespoons water, with lid on till quite done. Mix all ingredients together, moisten with a little milk to suitable consistency for sausages, and make into sausage rolls with pastry.

34. CHINESE SAVOURIES

$\frac{1}{2}$ cup German lentils, small cup milled nuts (any kind), 1 fairly large cooked potato, 1 medium-sized onion, 1 egg, 1 small cup fresh bread-crumbs, 2 teaspoons ground ginger, a little cayenne pepper, 1 teaspoon salt, $\frac{1}{2}$ teaspoon ground cloves, 1 heaped teaspoon ground coriander seed, 3 cardamum seeds or $\frac{1}{2}$ teaspoon ground cardamum, 2 dessertspoons thick sour milk (not essential ; fresh milk will do, in which case use less).

Having soaked lentils overnight, cook them in a little water (just what they will absorb) ; when done mix with

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all the dry ingredients, having ground the cardamum seeds or peeled and beaten them in a mortar and grated the onion ; add the milk and egg lightly beaten ; make into flat cakes, about three-quarters of an inch thick. If the mixture is too moist add a little more bread-crumb and a touch of flour to bind. Roll the cakes in flour and fry rather slowly in a little nut suet. When nice and brown sprinkle with a little lemon juice if liked, and serve. These make very tasty savouries and are not at all too spicy for most palates.

35. FRICASSÉE OF NUTMEAT

Fry some onion light golden brown in butter ; cut up some cold nut roast or galantine into thick slices, and fry gently to a light brown ; remove the nutmeat and add flour to the onion, sufficient to make a mediumly thick sauce, using more butter if necessary ; add some milk gently and beat smooth ; flavour with nutmeg and lemon juice ; let it simmer till nicely cooked ; then carefully replace nutmeat and make quite hot ; serve with mashed potato.

36. INDIAN LENTILS

1 breakfast cup Egyptian lentils, 1 small teaspoon ground cloves, 7 cardamum seeds, piece butter the size of a small egg, about 1 pint milk, 1 teaspoon salt.

Soak the lentils overnight ; boil rather slowly in a little water till tender ; add the clove with the cardamum (previously beaten in a mortar), also the milk, butter, and salt, and continue to cook gently for about 20 minutes. German lentils can be used, or dried green peas.

This dish is best cooked in a casserole, but a stewpan will do ; the lid should be kept on.

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37. LENTIL ROAST

$\frac{1}{2}$ lb. German lentils, about $\frac{1}{2}$ pint stock, about 6 oz. mashed potatoes, 4 oz. bread-crumbs, 2 or 3 large onions, sage, nut fat.

Peel and slice onions ; put in stewpan with a little nut fat and the lentils (soaked overnight), and cook for a few minutes ; add the stock and simmer gently with lid on till cooked. It should be fairly dry when done. Mix in breadcrumbs, sage and potatoes ; season and make up into large kind of round-topped cake ; flour the outside, place in baking-tin with a good few pieces of nut fat on the top, and bake in a fairly good oven till well browned. Baste frequently.

It is rather difficult to remove the roast from the tin without breaking it, so it is a good plan to put the loose bottom of a cake-tin under it, then it can be lifted out whole with a slice and the flat tin can be left on the dish it is served on.

It should be garnished with parsley and served with apple sauce or sloe or red-currant jelly.

38. NOUILLES WITH CHEESE

Take any kind of nouilles (macaroni made with egg)—about half a pound ; put into very little boiling salted water and simmer about 30 minutes or till tender, adding a little more water if necessary. It should be absorbed when they are done, but the nouilles should not be too stiff. Mix together about three ounces grated cheese (some Parmesan), cayenne pepper, half a teaspoon mustard, half a small teaspoon nutmeg ; stir all into the nouilles over the heat for a few minutes and serve.

39. NUT ROAST (1)

$\frac{1}{2}$ lb. bread-crumbs, $\frac{1}{2}$ lb milled nuts (any kind excepting pea nuts), $\frac{1}{2}$ lb nut suet, 2 level tablespoons wholemeal self-raising flour, dessertspoon mixed herbs, 3 medium-sized

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cloves of garlic, level teaspoon ground mace, teaspoon salt, cupful Verva or Marmite gravy (thickened), sour milk.

Mix all dry ingredients together, including suet chopped fine; add gravy, and milk if necessary; the mixture should be fairly stiff. Put in a well-greased dish and bake in a moderate oven for about one hour. Serve hot with gravy and green vegetables, or cold, cut in slices, with salad.

40. NUT ROAST (2)

2 or 3 medium-sized onions, $\frac{1}{2}$ lb. bread-crumbs, 6 oz. milled nuts, dessertspoon mixed herbs, cornflour, Verva or Marmite, a little milk or stock and nut fat.

Chop onion and fry in nut fat; add nuts and fry a little; then mix with bread-crumbs, herbs and seasoning. Make a little gravy with Verva or Marmite stock and cornflour. Mix all well together; it should be fairly stiff. Butter a china or stone marmalade jar with straight sides; put mixture in and tie over with well-greased grease-proof paper; bake in moderate oven from half to three-quarters of an hour. Serve hot or cold. If hot, serve with brown sauce (No. 23); if cold, serve with salad and garnish with parsley.

41. NUT GALANTINE

Mix same quantities of bread-crumbs and nuts as in previous recipe with about quarter teaspoon ground nutmeg and two or three cloves of chopped garlic. Make a little white sauce with milk and cornflour; season, mix well and put in jar as above, but tie thick piece of brown paper over, and steam for about one and a half hours. Serve cold.

The foregoing three nut recipes can be interchanged, either herb, mace, or nutmeg being used for flavouring and onion or garlic. Any kind of nuts may be used but

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peanuts should be used sparingly ; a few roasted, or fried in a little olive oil, added to the others improve the flavour of a nut roast or galantine.

These mixtures can also be used for croquettes or rissoles.

42. NUTMEAT KEDGAREE

Breakfast-cup brown Spanish-Japan rice, 3 or 4 good-sized onions, about 4 oz. nutmeat (galantine or roast) 2 teaspoons ground coriander seed, fennel seed and turmeric mixed, nut fat.

Cut up the onions and fry in nut fat ; add the rice, well washed (see No. 49), with milk and water to come about one inch above the rice ; boil till tender ; add the spice and nutmeat cut into cubes ; mix well, heat quickly and serve.

43. NUT PATTIES

4 oz. milled Brazil nuts, 2 medium-sized onions, nut suet, 2 ozs. bread-crumbs, some mashed cooked tomato or carrot, parsley, Marmite or Verva.

Fry the onions chopped fine in a little nut suet till brown ; add the nuts and fry gently for a few minutes, but do not let it stick or burn ; mix in the bread-crumbs and carrot or tomato and a tablespoon or more chopped parsley ; make a little thick Verva or Marmite gravy ; mix this in well. The mixture should be firm but moist ; season to taste.

Make a suitable pastry ; roll out and cut into rounds ; put into little patty pans ; fill with mixture, heaped up well ; brush round edges with milk to seal them ; put the tops on and bake in moderate oven till fairly brown and well-heated through—about 30 minutes. Serve hot or cold.

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44. NUT SAUSAGE

2 oz. mixed nuts (milled), 1 teaspoon salt, 2 ozs. peanuts, cayenne pepper, 6 ozs. bread-crumbs, 1 egg, 2 medium-sized onions, 4 level tablespoons Quick Quaker oats, 1 brimming tablespoon fresh chopped parsley, 2 tablespoons nut or olive oil, 1 teaspoon nutmeg or 1 tablespoon herbs for flavouring.

Cut up onions and fry in half the oil till well browned ; turn out and fry peanuts in remainder of oil ; mill them and add to onions with bread-crumbs, milled nuts and seasoning. Cook the oatmeal and add ; mix well. Add egg lightly beaten ; roll into a large sausage, wrap in a double layer of grease-proof paper, well-greased ; twist ends ; put on baking-tin with fold uppermost, so that the fat does not run out, and bake in moderate oven about three-quarters of an hour.

45. NUT AND RICE RISSOLES

4 oz. cooked brown rice, 4 oz. milled nuts, 2 oz. bread-crumbs, pepper, salt, 1 egg, or a little white sauce.

Mix dry ingredients together ; bind with the egg or sauce ; drop spoonfuls into deep boiling oil ; fry golden brown ; garnish with parsley and serve with tomato ketchup.

46. NUT SAUSAGE ROLLS

Quarter or one-third roasted, salted, milled peanuts to the required amount of mixed milled nuts, plenty of mace, pinch nutmeg, pepper and salt. Quarter or one-third bread-crumbs to the amount of nuts ; bind with very little egg and milk, or any sauce or gravy. Use very short crust (Recipe No. 117) and egg over before baking in rather slow oven.

Or as a variation any good nut roast mixture with some extra nut added, and plenty of herb flavouring, is suitable for sausage rolls. A mash of left-over vegetable makes a less dry and concentrated filling

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than much bread-crumbs. Bind with egg preferably, as it sets firmer than sauce bindings. Put into the pastry cold if possible. Fillings can be varied ; chopped cold vegetable and raw grated onion added to nut stuffing is very good.

47. PILAU

1 breakfast cup Bengal rice, 1 large onion, about 3 ozs. nut fat, 1 saltspoon each of ginger, nutmeg, mace, cinnamon, ground coriander seed and turmeric (any other kind of Indian spices can be added to, or substituted for, some of these).

Wash and cook rice as in No. 49. Put fat in frying-pan, chop onion and fry gently till well-browned ; add rice and spices ; mix well, and cook gently for about five minutes ; serve very hot.

48. POLENTA

1 cup coarse ground maize meal, flour, 2 or 3 small onions, oil for frying, teaspoon mixed herbs, small piece butter.

Sprinkle maize into stewpan of boiling water, add herbs, pepper and salt ; stir well and simmer till done—20–30 minutes. It should be of such a consistency that it will pour out of pan, but not too stiff. Turn on to stone slab, or failing this, a plate ; spread evenly with a knife, to depth of about one inch, and square off at sides. When cool, cut into squares about two inches across ; flour well, be careful to flour edges, as the meal spits out if it comes into contact with the hot fat. Have ready deep boiling oil (it is best in a deep stewpan) ; it should smoke gently, but not burn ; fry the polenta till lightly crisped ; lift out carefully. It is best to do this with a carving fork, so that very little fat adheres ; drain well on paper, garnish with chopped parsley, and serve very hot with tomato ketchup.

CEREALS AND SAVOURY DISHES

49. RICE (BOILED)

Always use brown unpolished rice. Bengal brown rice is really the best for most savouries, and Spanish-Japan brown for sweets, also for cheese dishes, rice au gratin, etc. Rice should always be thoroughly washed in a large bowl, rubbing with the fingers ; it should be washed in six or seven waters, or until the water comes almost clear.

For plain boiled rice for curry, etc., wash some Bengal rice as above ; put in a stewpan with cold water to the depth of about one inch above the rice. Put lid on and boil fairly quickly, but do not let it boil over ; when nearly done put on side of stove and let it cook gently till the rice is quite dry. (If on gas, have the flame very low.) Each grain should be separate and it should not stick to the saucepan at all. Time depends on quantity, but about 30 to 40 minutes is usually enough for a moderate amount of rice.

50. RICE AND CHESTNUT RISsoles

Take rice cooked in Verva or Marmite and chestnuts previously cooked in any way in about equal quantities. Put chestnuts through a mincer or nut mill ; grate sufficient cheese to well flavour ; season with pepper and salt ; mix all ingredients together and add a lightly beaten egg to bind ; a little bread-crumbs or mashed potato may be added. Form into balls about the size of an egg ; roll in flour and dip in egg and bread-crumbs and fry in deep boiling oil.

If remains of chestnut au gratin are used, the egg will not be necessary, as the sauce will bind.

51. RICE AU GRATIN

1 cup brown Spanish-Japan rice, 2 oz. Cheddar, and 1 oz. Parmesan cheese grated, mustard, pepper and salt, milk.

Boil the rice in milk and water, half and half, to

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come about one inch above the level of the rice in the stewpan ; when it is half done leave on low heat to cook gently till nearly all the liquid is absorbed ; mix half teaspoon salt and same of dry mustard with the grated cheese ; add cayenne pepper to taste, and stir all into the rice ; turn into a buttered baking-dish ; sprinkle a little more grated cheese, mixed with browned bread-crumbs on the top, add a few dabs of nut butter and place in a fairly hot oven for about 15 or 20 minutes.

52. SAVOURY RICE PUDDING

1 cup Bengal rice, 2 good-sized onions, Verva or Marmite, 1 oz. Parmesan cheese, 1 egg, olive oil or nut fat.

Boil the rice as in Recipe No. 50. When it comes to the boil, stir in a teaspoonful of solid Verva or Marmite. Cut up the onions and fry golden brown, in olive oil for choice ; add these and the cheese with a beaten egg and seasoning to the rice when done ; the rice should be allowed to cool a few moments before the egg is added. Pour into a well-greased basin or mould, cover with grease-proof greased paper, then with a strong piece brown paper, tie down and steam for one hour. Serve with chutney. Mushrooms can also be added to the pudding if desired. They should be fried with the onion (if dried ones are used, soak for a few minutes in a little boiling water, and use the water also).

53. SPICED SAVOURY RICE

1 cup Bengal rice, 3 fair-sized onions, $\frac{1}{2}$ teaspoon each of nutmeg and ground coriander seed, 3 heaped tablespoons grated cheese, 1 handful seedless raisins, heaped teaspoon Verva or Marmite, nut fat.

Wash rice (see No. 49), dry in oven ; meanwhile peel and cut up onions, fry in nut fat till well-browned ; but they must not burn at all ; add the rice and fry

CEREALS AND SAVOURY DISHES

for a few minutes. Dissolve the Verva or Marmite in boiling water and pour over rice, making up sufficient water to cover about one inch above the rice ; boil for ten minutes, add the raisins and stand on low heat till the moisture is all absorbed. Mix the spices with the cheese and stir into rice ; stir for a minute or two on low heat, to get hot right through ; then serve with a good handful of chopped parsley sprinkled over.

54. SAVOURY BREAKFAST ROLLS

Rice previously cooked in some dish where it is not too dry. Mix in some Romany rye meal (dry), a little grated cheese and a good flavouring of mixed herbs, pepper and salt, also a lightly beaten egg ; it should be of a fairly stiff consistency, but not dry ; form into flat cakes about the size round of a teacup and half an inch thick ; pour some olive oil into a baking-tin, put rolls on and bake in moderate oven about half an hour ; baste frequently and do not let the outsides get hard ; a piece of greaseproof paper can be lightly laid over to prevent this.

55. SUMMER PIE

4 or 5 carrots, about $\frac{1}{2}$ lb. new potatoes, ready cooked, 6 ozs. chestnuts (dried or fresh), 3 tablespoons chopped mushrooms (dried or fresh), 2 fairly large onions, 3 ozs. Ceci (Spanish peas), 2 oz. chestnut flour, 2 tablespoons wholemeal flour, $1\frac{1}{2}$ oz. nut fat, about 1 quart vegetable stock, level teaspoon solid Verva or Marmite, same of mixed herbs, pie pastry.

Soak the Ceci overnight (lentils or red haricot beans will do), put them in stewpan with dessertspoon olive oil, teaspoon brown sugar and a little lemon juice, and simmer till done. Cut up onion and fry in a little of the fat ; when part done, add mushrooms ; turn out, and put rest of fat in pan with wholemeal flour, let cook gently, add chestnut flour, mix well and add

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gradually the stock ; simmer a little, then add cooked carrots, potatoes and chestnuts, peas and onions, Verva or Marmite and mixed herbs ; simmer gently on low heat about five minutes ; pour into pie-dish ; cover with pastry and bake in moderate oven.

56. TOMATO PIE

1 lb. tomatoes, 6 or 7 good-sized potatoes, 3 small onions, a little milk, 1 Granose biscuit, nut butter.

Boil potatoes ; heat a little milk ; mash potatoes and beat in the milk and a little nut butter ; season with salt and cayenne pepper ; skin tomatoes (pour a little boiling water over them and skins will come off easily), slice them, put half in a pie-dish and over this half the onion, chopped, and some chopped parsley, then half the potatoes, then the rest of tomatoes, onions and, lastly, potatoes ; sprinkle with the Granose crumbled up, and put a few dabs of butter on the top. Bake in moderate oven about three-quarters of an hour. Grated cheese can be sprinkled over each layer of tomato if desired.

57. VEGETABLE PANCAKES

A small quantity of onions and carrots, 1 egg, $\frac{3}{4}$ pint milk, a little rye flour, wholemeal self-raising flour, 2 oz. cheese.

Dice up the vegetables and steam or boil in a very little water ; make a batter with the egg, milk, rye flour and sufficient of the self-raising flour to make it nice and smooth but not too thick ; season well with cayenne pepper, and salt and beat in the cheese, grated ; heat a little olive oil in frying-pan (nut suet will do), and pour in a small quantity of the batter to make a thick pancake ; cook gently till brown, then turn and brown other side ; proceed similarly with the rest of the batter, being careful to make the pan-

CEREALS AND SAVOURY DISHES

cakes fairly small and thin, or they will break and be heavy. Chop up the vegetables and put a good spoonful on one half of each pancake ; fold over and serve immediately. Quartered lemons should be served with them.

58. VEGETABLE FRITTERS

Cut potatoes, carrots, and parsnips into straws about quarter of an inch thick and two inches long. Make a fairly stiff frying batter ; dip vegetables into this and fry in deep, boiling oil till golden brown. Drain on a paper and garnish with plenty of chopped parsley.

59. VEGETABLE PIE

4 good-sized leeks, a few cooked carrots, parsnips, etc., 6 good-sized potatoes, flour, nut fat, and mixed herbs or thyme.

Boil some leeks in a little water ; make a panada ; make a sauce with this and the leek juice ; put in a pie-dish with the leeks and any cooked vegetables (except cabbage, onion or potato) : flavour with mixed herbs or thyme ; cover with potato prepared as in No. 56 ; brown in quick oven.

60. VEGETABLE ROLL

Take any kind of previously cooked vegetables ; mash with a fork ; mix in a little nut suet, chopped ; season well and add a little mixed herb and milled nuts ; bind with thick Verva or Marmite gravy or white sauce ; wrap in well-buttered grease-proof paper and bake in fairly hot oven about 30 minutes.

Nut galantine, chopped may be used instead of milled nuts.

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61. VEGETABLE PATTIES

Make a good wholemeal pastry ; line little patty pans, and for filling use any cooked vegetables mixed with a little white sauce or Verva or Marmite gravy, and chopped parsley. These can be flavoured with mixed herbs grated onion, any savoury spices or nutmeg ; brush edges round with milk and put on tops ; **bake** in moderate oven till lightly browned—20 to 30 minutes.

62. VEGETABLE HOT POT

Clean and dice up vegetables, onions or leeks, carrots, beets, parsnips and potatoes ; put them in a casserole with a lump of nut fat, peppercorns, cloves, herbs or bay leaves, and water to come about half way up the vegetables. Place in moderate oven till tender. Make a little panada ; add the vegetable juice and a teaspoon Verva or Marmite ; pour back over vegetables ; make hot and serve in the casserole.

63. INDIAN HOT POT

Take vegetables as above, omitting beet and adding one or two Jerusalem artichokes if in season ; put in casserole with lump nut fat, some ground or chopped chilis, some preserved dry ginger chopped, or green root ginger grated, and some stick or ground cinnamon, one or two cardamum seeds beaten in a mortar, water as above ; and cook till tender ; slake some cornflour with milk ; strain the vegetable juice into this ; cook it up in a saucepan with a little salt and add some milk if necessary to make enough sauce ; serve as above.

VEGETABLES

Great care should be taken in cooking vegetables to see that they are not rendered tasteless and therefore lacking in nutriment.

It is better, as a rule, to steam such vegetables as cauliflowers, broccoli, carrots, potatoes (always in skins), leeks, onions and parsnips (excepting when old or dry). Turnips are best used only for flavouring soups, stews, etc., as they contain a large percentage of water and are also rather indigestible, unless they are very young and delicate. The common swede grown for cattle makes really a better dish, if cut in cubes, gently simmered in a little water, and served mashed with a little butter, milk and seasoning. Kohl rabi is also a delicious vegetable, somewhat similar to turnip, but much more delicate in flavour.

If vegetables are simmered, as little water as possible should be used, unless they are very old and have become somewhat bitter, as is sometimes the case with parsnips ; then they should be boiled quickly in plenty of water and the water thrown away.

Vegetables should always be cooked with the lid on (excepting strong greens) ; soda should never be used, and only a moderate amount of salt, as most vegetables contain plenty of their own.

All vegetables should be very thoroughly washed before cooking. Greens, cabbages, etc., should be left in slightly warm water with salt for about half an hour before cooking. Root vegetables should be thoroughly scrubbed, but not peeled or scraped, excepting turnips

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or kohl rabi, which should be peeled. Potatoes are best in their skins, as this is the most nourishing part of the potato, but if they are ever peeled this should be done after cooking. When beetroots are boiled whole it is best not to scrub them, as they easily bleed if the skin is torn ; but they can be boiled in plenty of water and the water discarded.

64. ARTICHOKEs, JERUSALEM

Wash and scrub the artichokes and simmer in a little water ; when nearly done, add some milk, pepper, and salt ; when they are tender, slake a little cornflour with milk and stir into the liquid ; serve garnished with finely-chopped parsley.

65. BRUSSELS SPROUTS AU GRATIN

Steam the sprouts or cook gently in very little water in saucepan with lid on for about 20 minutes ; strain and proceed as in Recipe No. 32.

66. BEET, STEWED

Scrub, but do not scrape or peel, the beetroots ; cut into fair-sized cubes and stew gently in a little water till done. They will take about half an hour. Drain off the beets ; mix quarter of a teaspoon mixed spice with a little cornflour ; slake it with some water ; pour over this the beetroot juice ; replace in stewpan with a dessertspoonful of brown sugar and a little salt ; boil for a few minutes ; add to beetroots ; make very hot and garnish with chopped parsley.

67. DEVILLED BEETROOT

Small quantity of nut butter in a frying-pan (1 dessertspoon).

Put in six slices boiled beetroot. While frying, grate over them half an apple, about same quantity to half

VEGETABLES

as much again parmesan cheese ; fry lightly, turn over, flavour with pepper, salt, mustard, and tiny speck of coriander ; add half eggspoon Worcester sauce, one tablespoon milk ; stir in and fizzle—serve on hot buttered toast.

68. CAULIFLOWER AU GRATIN

Choose a large cauliflower ; wash very thoroughly and soak in warmed, well-salted water to be sure of removing any insects. Make an incision across both ways in the end of the stalk, but be careful not to break the cauliflower. Place in a steamer, stalk upwards, and steam till tender ; remove very carefully, keeping it whole. Place with florets upwards in a round pie-dish ; make sauce as in Recipe No. 32 and proceed in similar manner.

69. CREAMED CABBAGE OR BRUSSELS SPROUTS

Wash and cut up cabbage into fairly large chunks ; stew in a little water, or steam ; when just done take out and well drain, squeezing out water ; put in the saucepan a lump of nut butter and a good flavouring of nutmeg ; let butter melt ; add the cabbage and sprinkle a good handful or more flour over it ; mix in well and let cook gently for a minute ; add some milk and well stir in cooking gently. The quantity of milk should be enough to make a kind of sauce with the flour, but not enough to make it too thin ; add pepper and salt. Brussels sprouts are very good done in this way. Savoy cabbages also make a good dish.

70. CAULIFLOWER STEAMED

Prepare as in Recipe No. 68 ; serve as soon as dished up, with a lump of nut butter on top.

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71. CARROTS WITH BROWN SAUCE

Wash, scrub and cut in slices some fair-sized carrots ; put in a steamer and steam till just tender, or cook for 30 minutes in a little boiling water ; make a panada, add stock with Verva or Marmite to flavour, and a good spoonful mixed herbs, also cayenne pepper and salt ; pour over the carrots, and serve.

72. CABBAGE, PLAIN

Cut up the cabbage into fairly large chunks and steam till tender—about three-quarters of an hour ; or boil gently in very little salted water until done. It should be cooked with the lid on after the first ten minutes, and should be dished up when only just done ; drain in a colander, gently pressing out the water with a wooden spoon ; place in dish and chop across both ways well with a knife ; pour a little olive or sylvan oil over, mix in and serve.

73. CURLY GREENS OR ANY KALE

Thoroughly wash the greens in plenty of water and soak them for about half an hour in warm salted water to remove insects ; rinse again ; put into fast-boiling water with a little salt and boil with the lid off for ten minutes, then put lid on and boil slowly till done ; serve as cabbage in previous recipes. If the greens are old or inclined to be tough, boil fast for half an hour then drain off water and put in only little water and boil slowly till tender.

74. KOHL RABI

This vegetable is quite easy to grow and a delicious substitute for turnip, being of a more delicate flavour and less watery. Peel and cut into fairly large chunks ;

VEGETABLES

put into a little boiling salted water, barely sufficient to cover it, and boil rather slowly but steadily till tender—about half an hour ; serve plain with a little nut butter over it.

75. LEEKS, STEWED

4 or 5 good-sized leeks, 1 teaspoon Verva or Marmite, olive oil flour, wholemeal or rye.

Wash leeks very thoroughly and split open a little way down either side to remove all grit ; cut into pieces two or three inches long and put into a stewpan with a tablespoon olive oil and just enough water to make sauce for them ; put lid on and simmer gently for about 30 minutes ; when tender, turn into a colander, retaining the liquid in a bowl ; put one dessertspoon olive oil into the pan and add sufficient wholemeal or rye flour to make a nice thick smooth paste ; mix in gradually the liquid from leeks ; stir well and beat smooth ; simmer gently for ten minutes, stir in Verva or Marmite ; put leeks back for a few minutes, make very hot, and season to taste.

Alternative.—Use only a little of the leek liquid and make up quantity with milk for sauce ; add three or more ounces grated cheese, and proceed as before.

76. ONIONS AU GRATIN

8 or 10 medium-sized onions.

Prepare cheese sauce as in No. 32, only previously simmer the onions gently in a very little water till quite tender and use up the liquid in the sauce. Proceed as in No. 32.

77. ONIONS, BRAISED

8 or more large onions, 2 teaspoons Verva or Marmite, 1½ pints vegetable stock, 2 teaspoons brown sugar, nut fat, flour, marjoram (dried), pepper and salt.

Peel onions ; put in casserole with a lump of nut fat ;

CREATIVE COOKERY

cook gently on the top of the stove from two to three hours, shaking up occasionally ; they should get very brown, but not actually burn. Make a panada ; mix in stock ; burn sugar in an old spoon till dark brown and liquid, add to the sauce with Verva or Marmite, and the liquid from onions, and some marjoram ; pour over onions and serve in casserole.

78. GOLDEN PARSNIPS

Well wash and scrub, but do not peel, some parsnips ; steam them till tender ; pour a little nut or olive oil on to a shallow baking-tin ; well powder the parsnips with turmeric and brown well in the oven, basting occasionally.

A little grated cheese can also be added if desired.

79. SAVOURY PARSNIPS

If parsnips are young, boil in as little water as possible and use it as stock ; if old, boil in plenty and throw it away.

Melt a good-sized piece of nut fat and cook in it gently as much flour as it will take ; add stock, or the parsnip water ; boil up (it should be a thick gravy) ; add a grated onion, a grated apple, and some chopped sage, pepper and salt and a little Verva or Marmite ; simmer about ten minutes and serve with, or over, the parsnips ; or they can be kept hot in the gravy and all served together.

80. NEW POTATOES EN CASSEROLE

Wash and well rub, but do not scrape, some new potatoes ; put in a casserole with a little nut fat and sprig of mint ; put lid on and place in moderate oven for about one and a half hours ; shake up occasionally ;

VEGETABLES

sprinkle with a little vegetable salt, garnish with chopped parsley and serve in the casserole.

81. POTATOES, NEW

Wash potatoes as in previous recipe ; put in boiling water to just cover, with some salt and sprigs of mint ; boil gently for about 15 minutes ; drain off the water ; let potatoes dry off ; put a little nut suet in the saucepan ; shake potatoes up in it ; let them cook gently for about ten minutes ; sprinkle with vegetable salt and pepper ; shake well again and serve garnished with chopped parsley.

82. POTATOES, STUFFED

Take some large potatoes ; cut a fairly large flat oblong piece out of one side of each, scooping the hole out fairly deep ; chop up the pieces from the holes (keeping the flat outside pieces intact) and cook them with a little chopped onion, adding some Verva or Marmite and thickening with a little cornflour ; add herbs, pepper and salt, and stuff the potatoes with the mixture ; replace the flat tops and bake in a dish with a little nut fat or oil. Spices can be used instead of herbs, and cheese can be added for a variation.

83. POTATOES BAKED IN OIL

Scrub some medium-sized potatoes, cut in half and dry on a cloth ; scoop a circular wedge out of each half with a potato corer ; put about quarter teaspoon ground coriander and cardamum seed in each hole ; replace the wedges and put the potatoes, cut side down, on a baking-tin with a fair amount of olive oil ; bake in a moderate oven for about one hour, basting occasionally and turning over when brown.

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84. SPINACH

. Thoroughly wash the spinach in about seven waters ; shake a little of the water off it and put it into a large stewpan ; sprinkle a little salt over and cook on moderate heat for about 10 to 15 minutes with the lid on. If the spinach is old it will take rather longer, and in that case it should have water added ; it should be turned now and again while cooking. Beetroot tops can be cooked in the same way.

SALADS

A great variety of salads can be made, especially by those who can grow their own vegetables. Salads are very healthy, and it is good to have one at least once a day throughout the year if possible. In late winter, when it is sometimes difficult to get green salads, grated carrots, beets, red cabbages and firm white ones make excellent salads. All grated vegetables should be done on a Riposo grater (obtainable at most big health stores or vegetarian restaurants). Root vegetables should be thoroughly cleaned, but not peeled or scraped before grating, with the exception of onions and turnips, but the latter are not very suitable.

85. SPRING SALAD

Take fresh young lettuces, corn-salad (or lambs lettuce), a few spring onions, and a few tips of purple sprouting broccoli, a few radishes, and a good bunch of parsley ; cut up fairly fine, onions, radishes and parsley ; tear lettuce with the fingers ; mix all well together in a fairly large bowl to allow for turning it over well ; make a dressing of equal parts olive oil and lemon juice, with some honey or good brown sugar, vegetable salt, and a little mixed spice ; beat it up well and pour over salad ; turn it over well and serve.

86. SUMMER SALAD

Make as in previous salad, adding fresh fennel, marjoram and summer savoury chopped fine ; also

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a few firm sweet apples chopped up. A clove or two of garlic, cut up very fine, may be used in place of the onion. Dressing can be varied with some dry mustard mixed in and some creamy milk or cream beaten into the oil before adding lemon juice. If mustard is used, omit the spice. A few leaves of young spinach chopped are an improvement.

87. AUTUMN SALAD

Prepare lettuces as previously ; use plenty of parsley ; cut the florets off a good cauliflower ; chop up one or two shallots ; peel and remove white pith from a few oranges ; cut them in slices, then dice them. Mix all well together. Watercress is a very good food and should be used plentifully in salads when obtainable.

88. WINTER SALAD

One or two small lettuces ; a good bunch of parsley ; oranges ; apples ; bananas ; a few pinekernels and raisins. Dressing : one egg beaten well, add quarter cup milk ; same quantity olive oil ; beat well ; add slowly same quantity lemon juice, a little mustard, pepper and salt, heaped teaspoon brown sugar. Grapes cut in half and stoned may be used in place of the raisins.

89. VEGETABLE SALAD

Wash beetroots and boil ; put over these in a steamer, carrots, onions, potatoes, parsnips, and steam till tender ; make a dressing of equal parts lemon juice and olive oil with one egg, a little mustard, sugar, pepper and salt ; chop fine some fresh herbs, marjoram, chervil, fennel, parsley and chives ; cut up the vegetables, mix in dressing and herbs, sprinkling parsley over at the last.

SALADS

90. CABBAGE (RED OR WHITE), CARROT OR BEET SALAD

Grate the vegetable on a Riposo grater. Red or white cabbage are best served alone, but beet and carrot mix well, and a little onion or parsnip can be added to give additional flavour. If red cabbage is used, salt it before adding the dressing. Make a dressing with half teaspoon mustard (dry), sifted sugar, one and a half tablespoons lemon juice and two and a half tablespoons olive oil ; mix well and add to salad just before serving. Red cabbage is especially tasty done the above way. These salads can be made to look quite attractive if they are arranged artistically ; say, with the beet in the middle and a ring of the carrot round, then sprinkled with finely chopped parsley ; and the dressing can be served separately.

SANDWICHES

91. CHEESE SANDWICHES

Grate some good cheese (Chedlet or Kraft are excellent); add some chopped fresh herbs—if possible fennel and a little chervil—but most herbs are nice; parsley only will do; mix all together to a paste with some lemon juice, pepper and salt and dry mustard; spread on bread and butter, cover over, cut in halves or shapes; garnish with sprigs of parsley and serve with salad.

92. CHEESE AND VERVA OR MARMITE SANDWICHES

Grated cheese, mixed with a little Verva or Marmite and some butter, all made to a paste and spread on thin bread.

93. CHEESE AND WATERCRESS SANDWICHES

Grated cheese, finely chopped watercress, pepper and salt and mustard, well-mixed with a little lemon juice, spread on bread and butter. Mace, nutmeg, etc., may be used to vary the flavourings.

94. CARROT SANDWICHES

Grate fresh crisp carrots; season with salt and a little cayenne pepper; spread this on bread and butter.

SANDWICHES

95. NASTURTIUM LEAF SANDWICHES

Butter thin slices of bread ; choose tender nasturtium leaves not too large ; wash well and lightly dry ; lay a treble layer, well over-lapping between the slices ; salt, press well together, cut in triangles and serve.

96. NUT SANDWICHES (1)

Milled nuts, any kind, mixed with nut butter and a very little Verva or Marmite, flavoured with mace, pepper and salt.

97. NUT SANDWICHES (2)

Milled nut, one-third being peanut lightly fried in oil before milling, mixed as above, makes a very good sandwich filling. Sandwiches can, of course, be made in many other varieties—tomato, cucumber, mustard and cress, etc.

98. SWEET SANDWICHES

Milled nuts mixed with honey and a few chopped seedless raisins, spread on slices of bread and butter, makes a very good sweet sandwich.

PUDDINGS, SWEETS, DESSERTS, PRESERVES, Etc.

99. APRICOT CHARLOTTE

6 good-sized cooking apples, 2 dozen dried apricots (halves),
2 bananas, a little honey or sugar, dried cake-crumbs.

Soak apricots over-night in very little water ; Peel and cut up apples ; put one-third in a pie-dish, then half the apricots, one-third more apples and the rest of the apricots with the water they soaked in and a tablespoon of honey ; invert another pie-dish over the top and put in moderate oven. When apples are quite soft, take out ; butter a pie-dish ; put in a layer of cake-crumbs, then the apricots and apples, slicing bananas and interspersing them with it ; put cake-crumbs on the top and a few dabs of butter, and bake in moderate oven about half an hour ; serve cold with cream and maple syrup and cornflakes or Force.

100. CORNFLOUR BLANC MANGE

3 ozs. cornflour, 1 quart and about a teacupful of milk, 1 egg,
sugar, butter, flavouring.

Heat a quart of milk ; slake three ounces, not more, of cornflour in some cold milk ; remove the milk from the stove when it is *quite* hot, but has *not* boiled ; add the cornflour, stirring very thoroughly—it should thicken ; boil for a few minutes, stirring well, then let it simmer for ten minutes, stirring occasionally ; boil up again, and add, if liked, one tablespoon ground almond and a pinch of bitter almond, or a few drops

PUDDINGS, SWEETS, DESSERT, PRESERVES

almond essence ; about two tablespoons sugar and a piece of butter. When well mixed, remove from stove and add slowly, stirring all the time, a well-beaten egg ; return to the stove, having beaten the egg very thoroughly into it ; let it be at boiling heat for four or five minutes, but stir and beat well, so that egg cooks without curdling ; then turn instantly into a wet mould. It should be rather liquid ; add a little milk if needed during first cooking. Serve cold with fruit.

101. RYE FLOUR PUDDING

1 cup fresh brown bread-crumbs, 1 cup rye flour, 1 level teaspoon baking powder, 1 heaped tablespoon honey or brown sugar, 1 egg, a little milk, pinch of salt, about 3 oz. nut suet, any dried fruit, candied peel, and pinch nut-meg or cinnamon, if desired.

Mix dry ingredients, add fruit, and melt honey if too stiff to mix in ; moisten with well-beaten egg and a little milk to make a fairly stiff mixture ; put into a well-greased pudding basin, tie over with greased paper and two layers brown paper ; boil with water a little more than half-way up bowl for about two hours.

102. CAKE FRUIT PUDDING

Some remains of fruit salad, or any delicate-flavoured cooked fruit, if rather sweet ; add a little grated lemon rind ; strain off all the juice for the sauce, 2 eggs, same weight in S.R. wholemeal flour, soft sugar, and butter (or Yorkshire Pride or $\frac{1}{2}$ butter and $\frac{1}{2}$ nut fat, some grated lemon rind.

Melt fat, beat in sugar and egg yolks ; mix in stiffly whisked whites ; add flour and grated lemon rind to taste. Put into a well-buttered basin arranging it quite up to the edges and leaving a well in the centre for the cold cooked fruit ; put in the fruit ; allow plenty of room for the mixture to rise. Tie over with buttered paper and steam quite one hour. Make sauce with juice

CREATIVE COOKERY

and lemon juice, flavouring as liked (grated lemon rind is very good) ; boil up with a little dessicated coco-nut if liked ; serve round the hot pudding. This is very nice served cold—without sauce.

103. FRUIT SALAD

Peel two or three oranges, being careful to remove pith ; cut in thick slices, then cubes ; cut up three or four good dessert apples—if the skins are good it is not necessary to peel them ; peel and slice two bananas ; cut a few grapes in half and remove the stones ; chop up a handful of shelled walnuts, or whole pinekernels will serve.

Make a dressing of lemon juice and olive oil with a little honey and pour over the fruit ; sprinkle with dessicated cocoanut and serve with cornflakes or Granose biscuits and cream. A few prunes can be added if liked ; they should have been cooked gently for about 20 minutes and *not* previously soaked. If they are used, less dressing will be needed, as the prune juice will serve.

104. GINGER PUDDING

3 oz. wholemeal bread-crumbs, 2 ozs. nut suet, 1 oz. flour, 1 teaspoon ginger (ground), 2 ozs. preserved crystallized ginger, 4 oz. black treacle.

Grate bread-crumbs ; mix with suet, finely chopped, flour and ginger, pinch salt ; mix in treacle ; steam for one hour ; serve with white sauce (panada, Recipe No. 2) with a little sugar and lemon flavouring added.

105. GRANOSE APPLE PUDDING

Crumble about two Granose biscuits into a pie-dish ; pour over them some apple (six large ones peeled and cut up and stewed in a little water with brown

PUDDINGS, SWEETS, DESSERT, PRESERVES

sugar); stir in a good tablespoon raspberry jam; sprinkle more Granose over the top; beat up an egg with half pint milk, pour over the pudding and bake in slow oven till set and browned.

106. SEMOLINA AND APPLE PUDDING

Cut up three or four good-sized cooking apples and stew in a little water with some brown sugar. Bring to the boil one pint milk and water mixed (mostly milk); stir in sufficient semolina to make it a fairly thin consistency like batter when cooked; cook about twenty minutes, stirring occasionally; add a handful seedless raisins, a little brown sugar, and vanilla essence to flavour; put the apple in a pie-dish, pour the semolina over, put a few dabs of butter on and bake in a fairly slow oven; spread a little raspberry jam on the top and serve hot.

N.B.—It is important that the semolina should be fairly liquid when poured into the dish, otherwise it will be stodgy and unpalatable when baked.

Instead of vanilla essence a few bay leaves can be cooked in the semolina.

107. STEAMED LEMON PUDDING

2 eggs, 1 oz. wholemeal flour, 3 ozs. bread crumbs (or cake and soft biscuit-crumbs mixed with bread-crumbs half and half is very good), 4 ozs. soft white sugar, 2 lemons, 4 ozs. Yorkshire pride, 1 teaspoon baking powder.

Cream fat and sugar together; mix flour, crumbs and baking powder together and add them; grate the lemon rinds and add; beat well; add one egg; beat again and add last egg; beat thoroughly, steam in a basin, well buttered, for an hour; serve hot with the following sauce: Juice of the two lemons, a heaped tablespoon golden syrup; tablespoon dessicated cocoanut, about

CREATIVE COOKERY

half teacup water ; boil up and thicken with cornflour, about a level dessertspoon ; add a piece of butter ; simmer ten minutes or a little longer ; serve round the pudding. If the pudding is made with cake or biscuit-crumbs mixed with the bread-crumbs, it is very light and could be served cold.

108. STUFFED PRUNES

Pour boiling water on to some good prunes (Californian plums). Let them stand about five minutes, then dry them and remove stones by cutting a slit one side only ; mix to a stiff paste some dessicated cocoanut, fresh butter, and soft sugar ; stuff the prunes with this and roll them in soft white sugar.

Another filling : plain milled nuts mixed with nut butter and sugar, flavoured with any essence liked, or cinnamon or ground cloves ; also plain milled almonds mixed with honey. Suitable for dessert.

109. HONEY-NUT PASTE

1 tablespoon chopped Turkish or black Spanish dessert figs, 1 tablespoon seedless raisins, 1 tablespoon best olive oil, 1 tablespoon lemon juice, 2 tablespoons honey, 1 cup milled Brazil nuts, 1 cup milled walnuts, 1 slightly-heaped teaspoon bitter almond meal, 1 level teaspoon ground cinnamon or mixed spice.

Puts figs and raisins in a fire-proof dish with the oil, slightly warm for a few minutes ; mix well into it the honey and lemon juice and let it get quite warm, but not cook. Remove from heat ; mix all nuts and spice together ; then add gradually to the fruit and oil ; well beat and mix with a fork, and press into a firm paste ; cut into small squares and serve with dessert.

PUDDINGS, SWEETS, DESSERT, PRESERVES

110. LEMON MARMALADE

14 large lemons, 8 sweet oranges, loaf sugar.

Cut the lemons in half and scoop out the pulp with a teaspoon ; remove the pips ; pull out the thick white pith from the skins and boil the skins till tender—about three hours ; slice them up to the required thickness and add to the pulp and juice with the juice of the sweet oranges ; weigh pulp, etc., and add one pound sugar to every pound ; bring to the boil and boil gently till it sets—about three-quarters of an hour. Skim off the scum that rises. It is best to bottle it while hot, using white of egg to moisten the covers.

111. CHOCOLATE CARAMELS

Boil about one pound of honey gently for about three-quarters of an hour or until it will set ; test it by dropping a little into a cup of cold water ; skim off the white scum that rises while boiling. When it will just set, mix into it quarter pound grated ship's cocoa and a little vanilla essence to flavour ; stir in well and let cook slowly for a minute or so, while the chocolate melts. Pour on to a very shallow baking-tin, well-buttered ; when it has set a little take a sharp knife and cut across both ways, so that it will make little squares about one inch across ; if the knife sticks, dip into boiling water occasionally. Divide and dip each square in dessicated cocoanut or a little sifted icing sugar. As soon as quite cold put in an airtight tin lined with grease-proof paper. Other flavourings can be used in place of chocolate—ginger, lemon, etc.

112. BLACKBERRY JELLY

Pick over the fruit ; wash quickly if necessary ; cook with a very little water, about half a pint to four or five pounds, in a large jar in the oven if possible ;

CREATIVE COOKERY

if not, then in a covered saucepan on slow heat until the fruit will easily mash. Smash up the fruit, put through a jelly-bag or fine muslin ; if there seems any goodness still in the pulp, heat up in a very little water and extract all the juice. To a pint of juice put three-quarters pound sugar ; boil quickly till it seems of right consistency ; pot and tie down while hot. Apples can be used with the blackberries if desired, washed and cut up, peels and everything, and cooked with the blackberries, either in oven or saucepan.

113. SLOE JELLY

Wash the fruit ; cook in jar in oven or in covered saucepan on slow heat until thoroughly done, having put water, about half pint to three or four pounds ; mash up the fruit with a large wooden spoon ; strain through a jelly-bag or muslin ; add sugar—one pound to one pint—boil quickly until right consistency ; pot and tie down while hot.

This jelly has a very sharp flavour and is very good eaten with nut-roasts and batters, fried croquettes, etc.

A very good variation is made if apples are cooked with the sloes, in which case, if a good quantity of apple is used, less sugar will be required, about three-quarters pound to the pint, and half a pound over to every four or five of fruit.

CAKES, PASTRIES, SCONES, Etc.

114. COCOANUT ROCK CAKES

3 oz. wholemeal flour, 2 oz. rye flour, 4 oz. sugar, 3 oz. butter,
1 oz. nut fat, 3 oz. dessicated cocoanut, 1 egg, salt.

Beat sugar, fat and butter together, add cocoanut and flour mixed, by degrees, then the egg, still beating the mixture ; drop in teaspoonfuls on to greased baking-tin ; bake in quick oven for about five to ten minutes.

115. LITTLE ORANGE CAKES

4 ozs. wholemeal self-raising flour, 4 oz. castor or soft brown sugar, 2 eggs, 4 oz. butter or butter and margarine mixed (3 ozs. margarine and 1 oz. nut fat is quite good), orange-flower water, rind of an orange, salt.

Cream butter and sugar together with a wooden spoon in a slightly warmed bowl ; add yolks of eggs, mix lightly ; add about half teaspoon orange flower water then the flour with grated orange rind mixed in ; mix all together lightly but thoroughly, lastly adding stiffly beaten whites of egg ; mix again very lightly (do *not* beat) ; put in little paper baking cases and bake in moderately hot oven for about 15-20 minutes. When they are half done, half a crystallized cherry may be put on each, but care must be taken that they are fairly set and do not sink again through too much cold air getting into the oven.

116. OATMEAL BISCUITS

6 ozs. oatmeal (medium Scotch is best, but flaked will serve),
4 oz. wholemeal flour, 3 oz. nut fat or Yorkshire Pride, salt, milk.

Mix flour and oatmeal ; rub fat into flour ; add good

CREATIVE COOKERY

pinch of salt and just enough milk to bind ; roll out about quarter inch thick, cut into rounds and bake in moderate oven about 20 minutes. If rolled oats are used a little more flour may be needed to bind. An egg may be used instead of the milk if desired.

117. SHORT CRUST

(SUITABLE FOR SAUSAGE ROLLS, ETC.)

$\frac{1}{2}$ lb. self-raising wholemeal flour, about 1 oz. Yorkshire Pride or nut fat, 2 ozs. butter or half of each.

Rub fat into flour with a pinch of salt ; add *very* little cold water—not quite enough to stick it together ; turn on to pastry board and press together with floured hands ; roll out two or three times, and if it will not stick together roll in a little soft fat, keeping it as *stiff* as possible. Roll thin and cut into a long strip and place the sausage meat on it in a long roll ; egg edges and fold over ; cut into suitable lengths, egg over, and bake in slow oven for 30 or 40 minutes.

118. WHOLEMEAL SCONES

1 lb. wholemeal flour, 3 ozs. nut fat, 1 teaspoon cream of Tartar, 1 teaspoon bi-carbonate of soda, sour milk.

Rub nut fat into flour and cream of tartar and bi-carbonate ; mix fairly stiff with a little sour milk ; roll out about half inch thick ; cut into small rounds and bake in a moderate oven about 20 minutes. Sultanas may be added to this mixture.

RECOMMENDED PRODUCTS

As some people who wish to try these recipes may not know where to obtain certain ingredients that are mentioned, a few suggestions are given below.

AGAR-AGAR	T. J. Bilson & Co.
COOKING FATS	Mapleton's, Nutona, also "Yorkshire Pride," which is best for batter pudding.
CULINARY HERBS	Heath and Heather.
"EMPROTE"	Eustace Miles.
FRUIT	Shearns.
"GELOZONE"	A nourishing substitute for Gelatine and Cornflour. Health Food Stores.
"GRANOSE" BISCUITS	Health Food Stores.
HONEY	Nutona.
"MARMITE"	Health Food Stores.
NUT FOODS ("Granose")	Health Food Stores.
"RYVITA" SWEDISH BREAD	Health Food Stores.
SELF RAISING FLOUR (Wholemeal)	Pitman Health Food Co.
"SYLVAN" OIL	The Health Centre.
"VERVA" (Mapleton's)	Health Food Stores.

The above products can be obtained from most Health Food Stores, particularly from BILSON'S, THE HEALTH CENTRE, THE ORZONE COMPANY, PITMANS' and SHEARNS.

MENUS

Below are given a few menus, merely as a guide to the kind of vegetarian meals that will be found the most satisfactory, both in respect of health and hunger. Figures in brackets refer to recipes.

1

MIDDAY

Carrot Pilau (30), Spinach (84), New Potatoes (81)

EVENING

Cabbage Soup (7), Rye Flour Pudding (101)

2

MIDDAY

Chinese Savouries (34), Golden Parsnips (78), Kale (73), Brown Sauce (23)

EVENING

Salad (85-90), Nut Sausage Rolls (46), Semolina and Apple Pudding (106)

3

MIDDAY

Lentil Roast (37), Cauliflower, Steamed (70), Carrots with Brown Sauce (71), Apple Sauce (22)

EVENING

Tomato Soup (20), Cake Fruit Pudding (102)

4

MIDDAY

Polenta (48), Spinach (84), Onions au Gratin (76)

EVENING

Salad (85-90), Nut Galantine (41), Fruit Salad (103)

MENUS

5

MIDDAY

Rice (49), Curry Sauce (25), Cabbage (72), Steamed Carrots

EVENING

Vegetable Hot Pot, Toast, Potatoes baked in Jackets

6

MIDDAY

Nut Patties (43), New Potatoes (80), Greens or Cabbage, Tomato
Sauce (28)

EVENING

Salad (85-90), Cheese and Verva or Marmite Sandwiches (91),
Steamed Lemon Pudding (107)

7

MIDDAY

Chestnuts au Gratin (32), Spinach or Cabbage, Stewed Tomatoes

EVENING

Salad (89), Nut Roast (39), Apricot Charlotte (99)

8

MIDDAY

Nut and Rice Rissoles (45), Stewed Leeks (75), Kohl Rabi (74)

EVENING

Vegetable Soup (21), Ginger Pudding (104)

9

MIDDAY

Tomato Pie (56), Creamed Cabbage (69)

EVENING

Vegetable Salad (89), Nut Sandwiches (96)
Stuffed Prunes (108), Fresh Fruit

10

MIDDAY

Spiced Savoury Rice (53), Baked Potatoes (83), Creamed
Sprouts (69)

EVENING

Onion Soup (13), Salad (85-90), Nut Roast (40)

CREATIVE COOKERY

11

MIDDAY

Cheese Pancakes (31), Spinach (84), Steamed Onions

EVENING

Potato Soup (15), Salad (85-90), Nut Sandwiches (97)

12

MIDDAY

Nutmeat Kedgaree (42), Savoury Parsnips (79), Cabbage (72)

EVENING

Salad (85-90), Honey-nut Paste (109), Nut Patties (43), Fresh
Fruit

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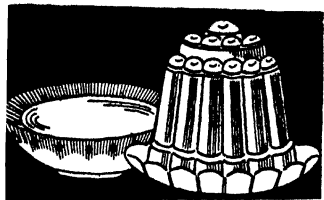
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